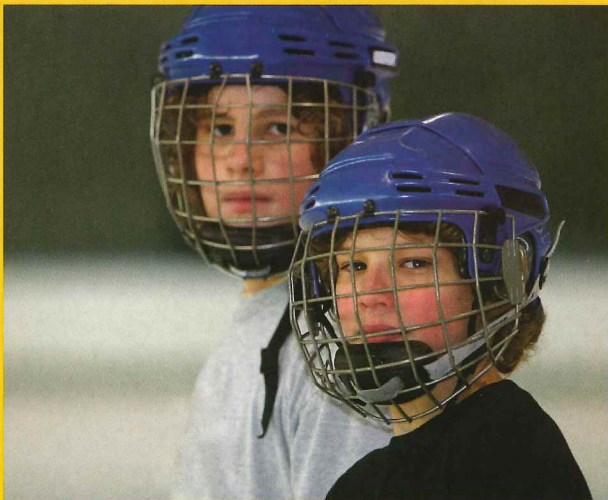




Vision Facts

- More than 90% of all eye injuries can be prevented with the use of appropriate protective eyewear.
- Don't wait until it's too late to protect the sight of young athletes.
- There are 40,000 trips to the emergency room every year for sports eye injuries. That means every 13 minutes an emergency room treats another preventable sports eye injury.



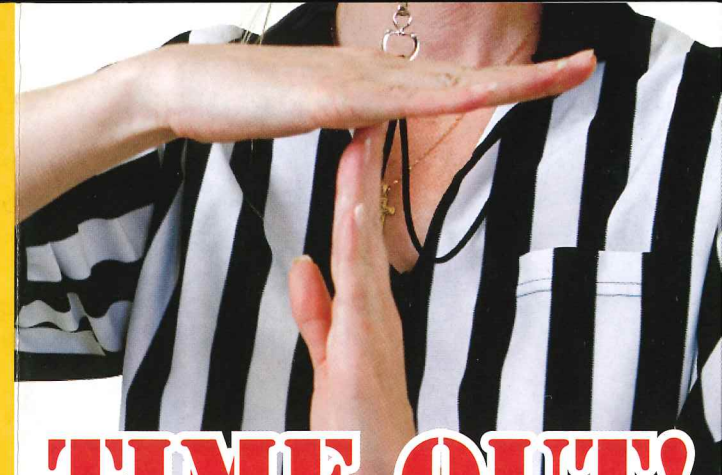
The Iowa Optometric Association and its members are working to raise awareness among schools, athletic program administrators, trainers, coaches and officials regarding basic eye injury risks. Our obligation as eyecare professionals is to protect athletes' eyes while playing sports. Contact the Iowa Optometric Association or your local optometrist for more information about the risk and prevention of sports eye injuries as well as certified protective equipment.



**IOWA OPTOMETRIC
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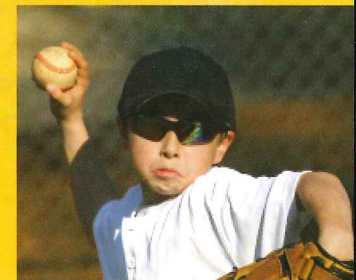
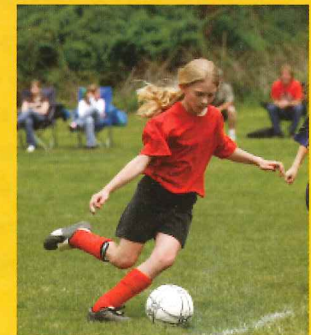
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TIME OUT!

Baseball • Basketball • Softball • Soccer
Football • Tennis • Hockey • Volleyball

A program for sports eye safety



Iowans love their sports!



We all talk about sports, watch sports on TV and introduce our children to sports at an early age. These pastimes provide wonderful opportunities for healthy exercise and great memories. But for some, especially children, those memories can be spoiled by preventable eye injuries.

More than 90% of all eye injuries can be prevented with the use of appropriate protective eyewear.

Young people are at the greatest risk of sports eye injury – 66% of all sports eye injuries occur in athletes between the ages of five and 24. The majority of the recreational eye injuries occur in organized team sports – basketball, baseball, football, soccer, hockey, volleyball and other ball sports are responsible for almost 55% of all sports eye injuries.

The Iowa Optometric Association strongly recommends the use of protective eyewear when playing baseball, basketball, softball, soccer, football, tennis and other sports that have a risk of eye injury.

What can you do?

Don't wait until it's too late to protect the sight of young athletes.

We all know how seriously a coach, an Athletic Director and a school system view their responsibility to protect an athlete. We have, depending on the sport, helmets, elbow pads, shin pads, shoulder pads and appropriate footwear. What about protecting the eyes?

Make sure athletes get an eye exam from a local optometrist. It can detect whether there are vision problems, like nearsightedness, farsightedness or astigmatism, which could diminish performance and lead to physical injuries during sports. Just like speed and strength, vision is an important component of how well sports are played.

If an athlete already wears glasses, they should wear appropriate, sports-specific eye protection properly fitted by an eye care professional. The highest level of impact protection is offered by lenses made from polycarbonate or Trivex materials which can withstand the force of a ball or other projectile traveling at 90 miles per hour. When participating in risk-prone sports and recreational activities, nothing is more dangerous to the eye than wearing standard corrective eyewear or sunglasses. In fact, day to day lenses can break into sharp pieces capable of penetrating the eye, putting the athlete at higher risk of blindness.

If the worst should happen and the athlete does suffer an eye injury, it's important to seek immediate medical help. Even a seemingly minor impact can cause serious injury. Athletes who experience a black eye, pain or visual problem occurring after the eye has been hit should contact an optometrist or seek emergency medical help as soon as possible.

There are 40,000 trips to the emergency room every year for sports eye injuries. That means every 13 minutes an emergency room treats another preventable sports eye injury.

Sarah's Story

Sarah, a high school senior from Kentucky, finished her basketball season in goggles after a freak accident that left her virtually blind in one eye for two days. An opponent,

trying to regain her balance, jabbed a fingernail through

Sarah's eyelid

and into her left

eye, causing a

hemorrhage that

reduced her vision

to darkness and

shadows. Sarah said

it didn't really hurt,

but when she opened

her eyes, she couldn't see and that scared

her more than anything. Sarah was lucky,

her 20/20 vision returned in two weeks

and she turned to

goggles during a

tournament run that

took her team to the state quarterfinals. The

goggles took time for her to get used to, but

it was a sacrifice she was willing to make to

keep her eyesight. Sarah's doctors predict

that she will have a higher risk of glaucoma

in 20 – 30 years because of her injury.

